



For Immediate Release

TeleWellnessMD Media Contact:
Molly Hunsinger, Director of Marketing
Cell: 941-685-0367
Office: 727-399-6471
Email: molly@trimnutrition.com

TeleWellnessMD Inspires Healthy Lifestyle Habits During National Diabetes Month

Provider of telehealth solutions for preventative medicine and wellness healthcare raises awareness about diabetes risk factors, symptoms and prevention tips.

Clearwater, FL, October 29—[TeleWellnessMD](#), a wellness based telehealth service provider that offers program recommendations, products and services nation-wide through an online network of wellness healthcare providers, is inspiring healthy lifestyle changes during the month of November in recognition of National Diabetes Month.

Diabetes is one of the top ten causes of death globally. Approximately 387 million people worldwide are living with diabetes. This number is expected to increase by 150 percent in the next 20 years due to the increase in obesity, poor nutrition, and sedentary lifestyle. More than 29 million people in the US are diagnosed with diabetes and more than 8 million are undiagnosed.²

Earlier this week, the U.S. Preventive Services Task Force expanded its guidelines for routine blood sugar testing of patients with high blood pressure to include all overweight and obese Americans between the ages of 40 and 70 years. This recommendation was made largely because of evidence linking the increasingly overweight population in the US to a growing number of Type 2 diabetes cases.³

Losing weight, eating healthy and being more active can prevent or delay Type 2 diabetes. People who have diabetes can also manage it with proper nutrition and regular exercise.

“We focus on wellness based approaches and preventative healthcare,” said Brent Agin, MD, Founder and CEO of TeleWellnessMD. “We know that being overweight is a major risk factor for Type 2 diabetes. Weight is a risk factor we can help our clients effectively manage and control through healthy diet and exercise program recommendations.”

During the month of November, TeleWellnessMD will be raising awareness about diabetes risk factors, symptoms and prevention tips. Promotional pricing will be available on select supplements and program packages and a complimentary [Trim® 20/30 Weight Management Program](#) will be given to an individual selected by a random drawing.

Since its launch in 2014, TeleWellnessMD has been providing personalized wellness plans for weight management, disease prevention and anti-aging to assist clients with managing vitamin and nutrient deficiencies, hormone imbalance, immune support, athletic performance

improvement, antioxidant support, inflammation reduction, improved sleep quality, energy improvement through metabolic enhancement and general wellness support for most medical conditions.

All TeleWellnessMD clients must be at least 18-years-old and maintain an established relationship with a primary care physician with routine checkups. TeleWellnessMD does not provide primary care medical services.

Clients may be prescribed various compounded pharmaceutical therapies as part of their wellness plan. TelewellnessMD offers access to premium doctor formulated oral nutraceuticals, dietary supplements and prescribed wellness therapies through a strategic partnership with Trim® Nutrition, Inc. and Empower Pharmacy, a premium compounding pharmacy, certified and licensed in states nation-wide.

Wellness programs are individualized based on client-specific needs and may include laboratory testing. TeleWellnessMD works with LabCorp and Spectracell to provide testing and lab services as needed. LabCorp has over 2,000 locations nationwide. LabCorp provides leading-edge medical laboratory tests and services through a national network of primary clinical laboratories and specialized Centers of Excellence.

About TeleWellnessMD

TelewellnessMD provides client care for age management, general nutrition and weight management needs through an online platform and network of wellness medical providers. All TeleWellnessMD clients maintain an established relationship with a primary care physician including routine checkups. TeleWellnessMD does not provide primary care medical services or prescribe any scheduled drugs. For more information visit TeleWellnessMD.com.

About Trim® Nutrition

Healthy Products Created By People Who Care

Trim® Nutrition's product line includes vitamins, supplements, protein shakes, protein bars and proprietary vitamin injections compounded in our certified, licensed pharmacy using the highest quality ingredients. Headquartered in Clearwater, Florida, for more than ten years Trim® Nutrition's clinical staff of physicians, pharmacists, registered nurses and research and development specialists are dedicated to the mission of Making Bodies Better™. For more information visit TrimNutrition.com.

About Empower Pharmacy

Empower Pharmacy works with TeleWellnessMD to provide doctor-formulated compounded pharmaceutical products. Empower Pharmacy strictly adheres to all guidelines outlined by the United States Pharmacopeia's Chapter <797> for the compounding of sterile pharmaceutical preparations. Furthermore, Empower Pharmacy follows the guidance provided by the FDA's Compliance Policy Guide (CPG) Sec. 460.200 "Pharmacy Compounding." Federal, state and consultant agencies have performed detailed inspections of their facilities assuring compliance with the necessary regulations to ensure client safety. For more information visit EmpowerRXPharmacy.com.

¹ "Diabetes Atlas." *International Diabetes Federation*. N.p., n.d. Web. 29 Oct. 2015. <<http://www.idf.org/diabetesatlas/>>.

² "2014 National Diabetes Statistics Report." *Centers for Disease Control and Prevention*. Centers for Disease Control and Prevention, 15 May 2015. Web. 29 Oct. 2015. <<http://www.cdc.gov/diabetes/data/statistics/2014statisticsreport.html>>.

³ Siu AL. Screening for Abnormal Blood Glucose and Type 2 Diabetes Mellitus: U.S. Preventive Services Task Force Recommendation Statement. *Ann Intern Med*. [Epub ahead of print 27 October 2015] doi:10.7326/M15-2345

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